

Resources

211 San Bernardino

Dial 211 to get information & referrals for health and social services.

Get connected with a live operator 24 hours a day, 7 days a week.

ACCESS Unit

Children, Youth and Family Services

888-743-1478 or 888-743-1481

National Alliance on Mental Illness

[Http://www.nami.org](http://www.nami.org)

National Institute of Mental Health

<http://nimh.nih.gov>

National Mental Health Association

www.nmha.org



*Promoting Wellness,
Recovery, and
Resilience*



Phone: 1-800-722-9866

County of San Bernardino
Department of Behavioral Health
Revised 3/10

Women & Depression



“Now’s The Time
For Change”

County of San Bernardino
Department of Behavioral Health



Depression in Women

Contrary to popular belief, clinical depression is not a “normal part of being a woman” nor is it a “female weakness.” Depressive illnesses are serious medical conditions that affect more than 19 million American adults age 18 and over each year. Depression is a treatable medical illness that can occur in any woman, at any time, and for various reasons regardless of age, race or income.

Contributing factors

- ◆ *Developmental*
- ◆ *Reproductive*
- ◆ *Hormonal*
- ◆ *Genetic*
- ◆ *Stress*
- ◆ *Family responsibilities*
- ◆ *Roles and expectations of women*
- ◆ *Increased rates of sexual abuse*
- ◆ *Poverty*



About one in every eight women can expect to develop clinical depression during their lifetime.

Women's Attitudes Toward Depression:

- ◆ More than one-half of women believe it is “normal” for a woman to be depressed during menopause and that treatment is unnecessary.
- ◆ More than one-half of women believe depression is a “normal part of aging”.
- ◆ More than one-half believe it is normal for a mother to feel depressed for at least two weeks after giving birth.
- ◆ More than one-half of women cited denial as a barrier to treatment while 41% of women surveyed cited embarrassment of shame as barriers to treatment.
- ◆ In general, over one-half of the women said they think they “know” more about depression than men do.

Gender differences

- ◆ Women experience depression at roughly twice the rate of men.
- ◆ Girls 14-18 years of age have consistently higher rates of depression than boys in this age group.
- ◆ Although men are more likely than women to die by suicide, women report attempting suicide approximately twice as often as men.
- ◆ An estimated 15% of people hospitalized for depression eventually take their own lives.

Co-occurring Illnesses

Research shows a strong relationship between eating disorders (anorexia & Bulimia nervosa) and depression in women. About 90-95% of cases of anorexia occur in young females. Also, one out of three depressed people also suffers from some form of substance abuse or dependence.

Treatment

- ◆ Depression in women is misdiagnosed approximately 30 to 50% of the time.
- ◆ Fewer than half of the women who experience clinical depression will never seek care.

Fortunately, clinical depression is a very treatable illness. More than 80 percent of the people with depression can be treated successfully with medication, psychotherapy or a combination of both.

